

Beresford Cross Country Top Ten

| 3000 M Boys | | | | 3000 M Girls | | | |
|-------------------|-------|------|---------------|------------------|-------|------|-------------|
| Name | Time | Year | Course | Name | Time | Year | Course |
| Ricky Christensen | 10:44 | 2000 | Beresford | Jill Adams | 11:45 | 1995 | Beresford |
| Jared Anderson | 11:01 | 1991 | Salem | Laura Offerdahl | 12:00 | 1990 | Salem |
| Ron Weber | 11:03 | 1989 | Salem | Ali Oswald | 12:00 | 2006 | Canton |
| Chris Hofer | 11:05 | 1990 | Salem | Hailey Sveeggen | 12:01 | 2008 | Harrisburg |
| Danny Yost | 11:25 | 1996 | Beresford | Natalie Carda | 12:08 | 1999 | Canton |
| Eli Erickson | 11:29 | 2000 | Beresford | Rebecka Bogue | 12:27 | 2003 | Freeman |
| Matthew Gayton | 11:29 | 2007 | Lennox | Jessica Sorensen | 12:27 | 1994 | Beresford |
| Brian Huth | 11:32 | 2007 | Lennox | Renae Hyronimus | 12:29 | 1999 | Canton |
| Jeff Kumm | 11:34 | 1989 | Salem | Jessica Bogue | 12:31 | 2006 | Canton |
| Ryan Travis | 11:41 | 1996 | Beresford | Lexi Bonte | 12:33 | 1996 | Beresford |
| 4000 M Boys | | | | 4000 M Girls | | | |
| Name | Time | Year | Course | Name | Time | Year | Course |
| Abner Chavez | 15:18 | 2004 | Lennox | Miranda Kobes | 15:11 | 2006 | Lennox |
| Matthew Gayton | 15:29 | 2008 | Lennox | Laura Offerdahl | 15:12 | 1988 | Dell Rapids |
| Hayden Palmer | 15:30 | 2006 | Lennox | Cori Bonte | 15:15 | 2003 | Lennox |
| Ricky Christensen | 15:32 | 2000 | Canton | Joni Strom | 15:16 | 2004 | Lennox |
| Evan Hanson | 15:34 | 2006 | Lennox | Jill Adams | 15:32 | 1992 | Mitchell |
| Stephen Oswald | 15:43 | 2008 | Lennox | Alyson Johnsen | 15:35 | 2008 | Lennox |
| Jake Merriman | 15:54 | 1992 | Salem | Samantha Zoss | 15:50 | 2007 | Elk Point |
| Jonathan Mochel | 16:08 | 2008 | Dakota Valley | Ali Oswald | 16:25 | 2006 | Lennox |
| Brad Fodness | 16:08 | 1992 | Salem | Grace Erickson | 16:26 | 2006 | Dell Rapids |
| Miguel Chavez | 16:09 | 2005 | West Central | April Tjaden | 16:26 | 2006 | Lennox |
| 5000 M Boys | | | | | | | |
| Name | Time | Year | Course | | | | |
| Tony Greene | 16:58 | 2008 | Lennox | | | | |
| Scott Cooper | 17:00 | 1985 | Salem | | | | |
| Greg Moore | 17:06 | 1986 | Salem | | | | |
| Michael Hoffman | 17:15 | 2008 | Lennox | | | | |
| Brad Fodness | 17:36 | 1994 | Beresford | | | | |
| Ross Cooper | 17:41 | 1991 | Salem | | | | |
| Chris Hofer | 17:50 | 1991 | Salem | | | | |
| Ricky Christensen | 17:53 | 2002 | Lennox | | | | |
| Eli Erickson | 18:05 | 2002 | Elk Point | | | | |
| Seth Miller | 18:08 | 1995 | Beresford | | | | |
| Hayden Palmer | 18:14 | 2008 | Lennox | | | | |